



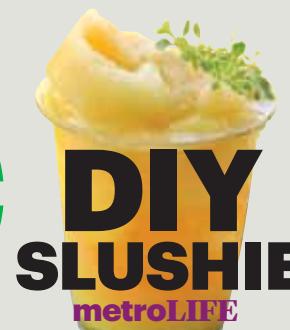
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# Ottawa **metr**i





Your essential daily news | WEDNESDAY, AUGUST 19, 2015

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## ON THE CURB TO CUT COSTS

**CAB DRIVERS STILL PROTESTING HIGHER AIRPORT FEES**  
metroNEWS



Airport Taxi YOW driver "Sid" pickets outside the Ottawa airport on Tuesday, which marked one week of action. LUCY SCHOLEY/METRO

## Unions decry 'duty of loyalty' memos

 ELECTIONS 2015

**Public service staff warned about political activities**

**Michael Woods**  
Metro | Ottawa

Public service unions are sounding the alarm about federal

department memos they say are meant to stifle bureaucrats' political activity during the election campaign.

Employees in several departments — including Justice, Shared Services and National Defence — have received memos reminding them of their obligations regarding outside activity as the fall federal election approaches.

"It suggests that if you participate, that if you get politically active, that that's going to

have an impact on your job, that you might be terminated or otherwise disciplined," said Debi Daviau, president of the Professional Institute of the Public Service of Canada (PIPSC).

"That's enough of a threat to people to make them not want to take a chance."

It's common for departments to notify employees of their rights and obligations during an election period.

But Daviau said the union has received questions from

members about a number of memos which all have "an intimidating tone."

"The memos imply that they don't have the right to participate like any other Canadian, and that's not true," she said.

Public servants have the right to be politically active, with some restrictions. For example, they can't conduct political activity on the job and can't identify themselves as public sector employees while working on a campaign or communicating

opinions about their job.

But they are allowed to conduct political activity thanks to a 1991 Supreme Court ruling, prior to which public servants couldn't undertake any political activity except voting.

The memo sent to Justice employees is a reminder of their obligations under the department's values and ethics code, specifically regarding social media use.

Among other things, it says employees are expected to "up-

hold the public service duty of loyalty, and refrain from public criticism of the Government of Canada."

The memo also says that "even if you do not identify yourself as a public servant, there are ways for you to be identified," and "a disclaimer does not absolve you of your public servant responsibilities."

PIPSC is putting together a kit and training its representatives to answer questions about what's allowed.



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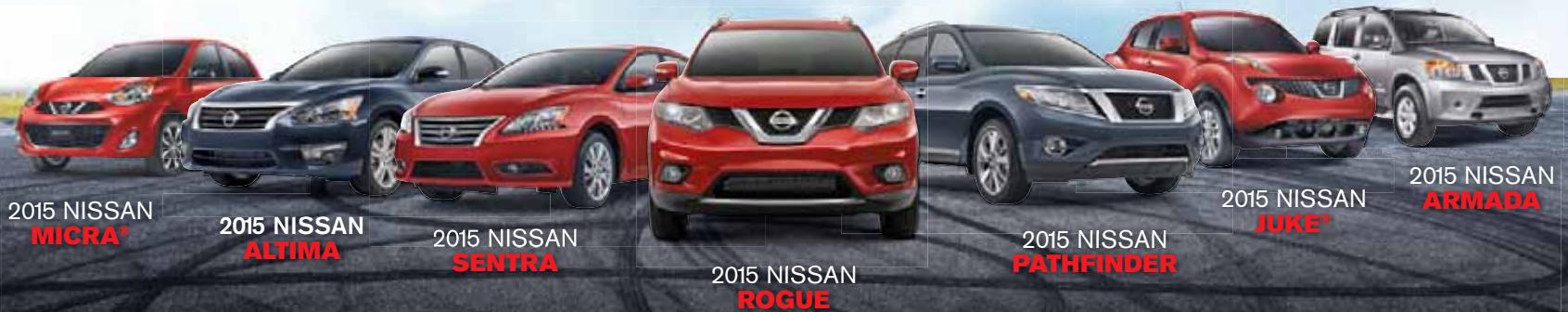
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Ottawa comic Michael Lifshitz wheels in front of a 20-storey building on Slater Street, the same building he will rappel down Sept. 21 in his wheelchair for the Easter Seals Drop Zone event. TREVOR GREENWAY/FOR METRO

## 'I'm all about what is possible'

### DROP ZONE

#### Ottawa comic to rappel down 20 storeys in a wheelchair



**Trevor Greenway**  
For Metro | Ottawa

Michael Lifshitz can't drive a sports car, he hasn't scored a young girlfriend and he doesn't want to start smoking pot to ease into his mid-life crisis.

But the 39-year-old stand-up comic can't stop time from ticking toward the big 4-0 and he wants to make a splash of a bash this year.

So he's rappelling down 20 storeys for the Easter Seals Drop Zone, but he's doing it in his wheelchair.

"I'm all about what is possible for disabled people, but also in general because we all have limits," says Lifshitz.

"I am hoping to inspire everyone to face whatever their challenges are. We let

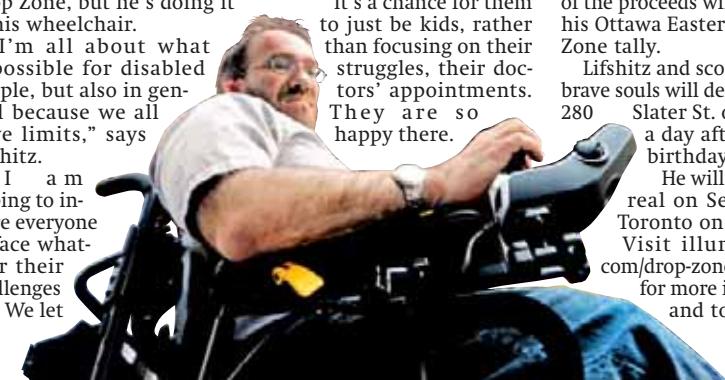
the challenges we face limit us. Why?"

Lifshitz, who suffers from multiple congenital musculoskeletal abnormalities and spends most days in a wheelchair, says he is a bit fearful of the challenge, but his desire to do it is far stronger than the fear telling him not to.

And when he is up there dangling 200 feet in the air with just a rope holding him, he won't let the fear take over; he'll think of the scores of disabled kids splashing around in the water at Camp Marywood, being happy, being silly, being kids.

"They are just having fun," says Lifshitz, who was able to visit the camp earlier this year in Perth. He says seeing kids just being kids — something most of them don't get to do on a regular basis — moved him.

"It's a chance for them to just be kids, rather than focusing on their struggles, their doctors' appointments. They are so happy there."



It's like their second family."

Lifshitz is also scaling down buildings in Montreal and Toronto. It's a mission for Lifshitz to show his peers that everything is possible, no matter what challenges you face. Wheeling down 20 storeys proves that.

But he's still on the lookout for a honey.

"The sports car I can't do, but I am still open to finding a young girlfriend," he chuckles.

Lifshitz needs to raise \$1,500 to send one kid to camp from each city. He's throwing a couple of fundraisers, including one this Sunday at Yuk Yuk's where he and comic Bryan Hattie will try to make you laugh so hard you drop your wallet on the floor.

He's also hosting an Opportunities Networking Breakfast on Sept. 17, where a portion of the proceeds will go toward his Ottawa Easter Seals Drop Zone tally.

Lifshitz and scores of other brave souls will descend down 280 Slater St. on Sept. 21, a day after his 40th birthday.

He will be in Montreal on Sept. 23 and Toronto on Sept. 29.

Visit [illumabilities.com/drop-zone-challenge/](http://illumabilities.com/drop-zone-challenge/) for more information and to donate.

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Nigel Wright, centre, former chief of staff to Prime Minister Stephen Harper, and lawyers Patrick McCann, left, and Peter Mantas arrive at the Ottawa courthouse on Tuesday, to testify at the Mike Duffy trial. FRED CHARTRAND/THE CANADIAN PRESS

# Former PMO lawyer contradicts Harper

## EXPENSE SCANDAL

### Perrin says top aide knew about \$90,000 payment

Testimony at the trial of Sen. Mike Duffy has put Stephen Harper's right-hand man smack in the centre of the scandal, contradicting the Conservative campaign's assurances.

Ray Novak, Harper's chief of staff and current campaign director, was in touch right up until the call of the federal election with Nigel Wright — the ex-chief of staff whom Harper has repeatedly held responsible

for the scandal.

And court heard that Novak has been in the loop from the very beginning on the behind-the-scenes machinations that eventually led to Wright's departure from the Prime Minister's Office and some of the charges laid against Duffy.

That version of events directly contradicts what the Conservative campaign told reporters late last week; that Novak was not aware.

The information emerged during Duffy's trial on fraud, breach of trust and bribery charges.

Defence lawyer Donald Bayne read out an interview conducted by the RCMP with former PMO lawyer Benjamin

Perrin in February 2014.

Perrin told the RCMP investigator that it was "black and white" that Novak was told that former chief of staff Wright would foot the \$90,000 bill for Duffy's contested expenses.

"I believe that Ray Novak was in the room at that time," Perrin said in a transcript that was read out in court Tuesday by Payne.

**I believe that Ray Novak was in the room at that time**

Former PMO lawyer  
Benjamin Perrin

"... The people who from my own personal knowledge knew about this was obviously, Nigel Wright, Ray Novak, we've gone through that, and David van Hemmen, Nigel Wright's assistant."

Despite leaving the PMO under a cloud after his \$90,000 payment became public, Wright said he is still in contact with Novak.

Under questioning from Duffy's lawyer, Wright at first said he had last spoken to Novak in May or June, but then said he had exchanged text messages with him "probably about two weeks ago."

Wright says he does not have a record of the messages.

THE CANADIAN PRESS

## THEN AND NOW: WHAT THEY SAID ABOUT THE DUFFY AFFAIR

Top Conservative aides have made statements over the course of the scandal around Sen. Mike Duffy's expenses that have been later contradicted, or substantially changed. Here are a few examples.

### Former PMO lawyer Benjamin Perrin

**What he said:** "I was not consulted on, and did not participate in, Nigel Wright's decision to write a personal cheque to reimburse Senator Duffy's expenses." (Written statement, May 21, 2013.)

**What came out later:** According to emails and testimony in court, Perrin was actively involved in negotiating an agreement for repayment with Duffy's former lawyer Janice Payne, and was one of the people around Harper aware that Wright repaid the \$90,000 in expenses.

### Conservative Fund of Canada chairman Sen. Irving Gerstein

**What he said:** "I made it absolutely clear to Nigel Wright that the Conservative Fund Canada would not pay for Senator Duffy's disputed expenses and it never did." (Speech to Conservative convention, Nov. 2, 2013.)

**What came out later:** Nigel Wright has told a courtroom that Gerstein gave the green light to paying both Duffy's legal fees and his expenses in Feb. 2013, when it was believed the latter totalled \$32,000. Wright says Gerstein balked when the total rose to \$90,000.

### Prime Minister Stephen Harper

**What he said:** "Those were his [Nigel Wright's] decisions. They were not communicated to me or to members of my office." (Response to question period query, June 5, 2013.)

**What came out later:** Duffy's trial has heard through testimony and emails that several people in Harper's office and inside the party were aware that either the party was prepared to repay the senator's expenses, or that Wright himself had ultimately paid.

### Sen. Carolyn Stewart Olsen, former member of Senate's internal economy steering committee

**What she said:** "I didn't talk about what I was doing on that committee to anyone other than those directly involved, like our [Senate] leader, who would have to talk to me about what was going on and things like that. I couldn't even talk to Duffy or any of the people who were involved because that would be not proper I don't think." (Interview with The Canadian Press, June 3, 2013.)

**What came out later:** Stewart Olsen was one of the senators taking direct orders from Wright and others in PMO on how to shape the committee's final report on Duffy to make sure the language was softened.

"Hi Nigel, just a quick note to say that I am always ready to do exactly what is asked ..." she wrote in an email on Mar. 1, 2013.

THE CANADIAN PRESS

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# Veterans to get mental-health director

## MILITARY

## New position follows report on long waits for treatment



**Lucy  
Scholey**  
Metro | Ottawa

As part of its attempt to boost services for ex-military members, Veterans Affairs Canada is hiring a director of mental health.

The new position requires someone with experience in the military and managing health services for veterans and who has "knowledge of current and emerging issues affecting mental-health service delivery in Canada," according to the job

posting on the Government of Canada website.

Late last year, an auditor general's report showed that one in five veterans seeking mental-health services had to wait up to eight months for their applications to be reviewed.

In July, Erin O'Toole — who was the Veterans Affairs minister before the campaign started — announced a new operational stress clinic for veterans in the

**\$119K**

**The job's annual salary ranges from \$119,600 to \$140,700.**

Halifax area. It will be one of many across the country.

Kris Sims, who worked as a spokesperson for O'Toole before

taking leave to work on the Conservative campaign, has previously said the department has been hiring new case workers.

"More than 250 case workers and Veterans Affairs staff are being hired nationally," she told The Canadian Press.

She also said the government has created a national mental-health network for the military and veterans and a 24-hour hotline staffed by mental-health

professionals who stand ready to counsel a veteran at any time.

The job posting for the new director of mental health closes on Wednesday — two days after a veterans group in Fredericton, N.B., launched a national Anyone But Conservatives campaign. The group takes issue with recent service cuts, notably the closure of nine veterans offices in early 2014.

WITH FILES FROM THE CANADIAN PRESS



Lindsey Dolan, front, and Abbigal Russell learn how to break through a door in Camp FFIT on Tuesday. LUCY SCHOLEY/METRO

## EDUCATION

## Fledgling female firefighters find feet

It was only her second day of summer camp, and Julia Charles was already climbing five storeys up a ladder.

The 18-year-old was among two dozen teen girls participating in the City of Ottawa's Camp FFIT (Female Firefighters in Training) on Tuesday. Wearing yellow hard hats and suspenders, the crew of 15-to-19-year-olds learned how to bust through doors, conduct a search-and-rescue and climb the towering aerial ladder attached to a fire truck.

"This is what I want to do for a future career," said Charles, standing outside the Ottawa Fire Services Training Division Building on Industrial Avenue. A recent high-school graduate, she's heading into Fleming College's forestry technician program in the fall with the goal of becoming a forest firefighter.

"I really want it after seeing all this," she said.

Since Camp FFIT started six years ago, the fire department has received about 14 applications from its campers. Still, only about two or three per cent of firefighters are women, which is on par with the national average, said Sue Jones, fire-prevention officer and camp director.

The camp is a "grassroots recruitment tool" that gives girls a glimpse into firefighting, she said.

"It's very basic," she said. "We're not training them to be firefighters. We're giving them the experience."

The camp runs until Friday. Later this week, the teens will learn about hose control and fighting small propane and kitchen fires.

LUCY SCHOLEY/METRO

## IN BRIEF

### High-school teachers to hold annual conference

While the province fights a looming strike deadline, Ontario's high-school teachers will visit Ottawa this week for the OSSTF's annual conference.

Spokeswoman Lori Foote said the Summer Leadership Training taking place in the

capital this year is "focused on training for our local leaders from across Ontario." The conference includes speakers and workshops.

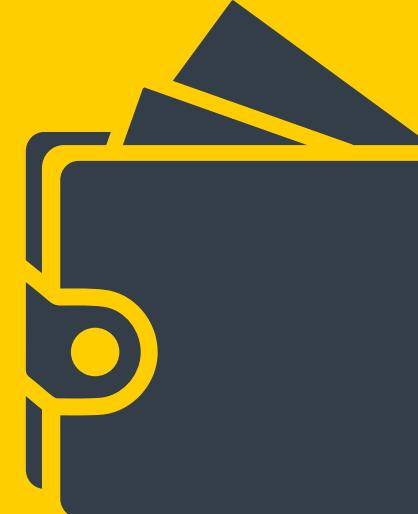
Paul Elliott, the union's president, will also be in town to address delegates on provincial bargaining Thursday morning.

HALEY RITCHIE/METRO

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# 5

## THINGS FOR BACK-TO-SCHOOL

Each board releases a list of what students should bring, such as pencils, glue sticks, calculators and paper. How much does it cost to supply a student in Grades 4 to 8? Buying each recommended item on the list at regular price at Staples easily totals \$84.52. Here are some big-ticket items.

HALEY RITCHIE METRO



### 1 Coloured pencils

For the artistic Grade 4 crowd, there's nothing like a new rainbow-coloured pack of pencil crayons. The standard Crayola 24-pack goes for \$4.69, while the 60-pack rings in at \$12.52.

Crayola

### 2 Calculator

While most of us are used to pulling out a smartphone to make calculations, students are still encouraged to bring an old-school calculator. A standard option with some advanced functions comes to \$18.78.



Texas Instruments

### 3 Geometry set

A basic geometry set is required for students starting in Grade 4. The price runs from \$5.97 to \$17.78.



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### 4 Backpack



Impact Kids Backpack

### 5 Binders

Buying three of the lowest-priced hardbound binders totals \$11.92.



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### EDUCATION

## Groups working to give kids supplies

 Haley Ritchie  
Metro | Ottawa

that the girl wore her new backpack around the house for a week leading up to school.

"You know, she was just so excited and thrilled to be just like everyone else," said Smith.

Chris McGarvey, executive director of the Education Foundation of Ottawa, collects donated supplies to be distributed through the Ottawa-Carleton District School Board (OCDSB).

"There are a lot of parents like me who are fortunate and able to provide for their kids without worrying about it," he said. "But there are lots of parents right now who are panicking because they've got school supplies to buy and clothing to buy."

His group distributes backpacks filled with all the supplies listed on the OCDSB's suggested list. The backpacks are given discreetly on a needs basis through schools. McGarvey said that for families on a tight budget, even buying supplies at the dollar store can cost more than \$30 — money they just can't afford.

"Parents can help by donating any items listed on the supply list on the school-board website. It's about getting the tools in the hands of the kids in September."



CSE has a waiting list of 500 children still in need of school items. METRO FILE

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# City rejects changes to heritage building

SANDY HILL

## Infill would 'obscure and dominate' home, street

Emma Jackson

Metroland Media

It's back to the drawing board for a local architect after the city's heritage committee rejected his plan to build three storeys of residential infill around a Confederation-era home in Sandy Hill.

The built heritage sub-committee — with support from staff, Heritage Ottawa and Action Sandy Hill — argued the eight-unit apartment plan would destroy the heritage character of the 146-year-old white stucco building, and potentially the street around it.

The house was built around 1869 and has been modified several times over the decades,

adding a mansard roof and dormers in the 19th century, and a two-storey tower early in the 1900s. A Victorian-style porch and a flat-roof extension were added in the 1930s and '40s.

But Robertson Martin Architects wanted to take those changes to a new level — three storeys, to be exact — by demolishing about half of the building, including the 1940s addition and a detached garage behind the home.

A new addition would have added a contemporary two-storey stone and stucco tower at the front, while a three-storey stucco addition would wrap behind the original building, heritage planner Lesley Collins said.

At the same time, the original building would get a makeover with all new windows and a brick veneer over its stucco and wood cladding.

The plan was too much for Collins, who recommended the committee reject the proposal on the grounds that the addition's "height and massing

overwhelm the character of the building" and obscure the mansard roof on the east side.

The committee agreed the plan was inappropriate for one of the oldest streets in Ottawa, which is part of a small heritage conservation district on Daly Ave. and a wider heritage character area for all of Sandy Hill.

### UP FOR DEBATE

At the committee meeting, architect Robert Martin said modifications based on the community's feedback would help the building blend into the streetscape.

However, he argued the building was never classified as important built heritage anyway — when it was designated in 1994, it scored 35 out of 100, and was only considered important to the streetscape as background.

EMMA JACKSON/METROLAND MEDIA



**The 146-year-old residence on Daly Ave. will continue to stand alone after an application to construct an eight-unit extension around it was refused.** EMMA JACKSON/METROLAND MEDIA

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## SMOKING

## New law irks Quebec bar owners

The head of a group of bar owners has threatened to take legal action if Quebec goes ahead with legislation to ban smoking on outdoor patios.

In May, the governing Liberals tabled Bill 44, which would put an end to smoking on patios a decade after Quebec first prohibited smoking inside eating and drinking establishments.

The president of the bar owners' organization has warned that forbidding smoking on patios would be "disastrous" and result in a drop of 10 per cent in business.

"Right now, there's no problem, nobody is complaining," Peter Sergakis told a Montreal news conference Tuesday as public hearings into the proposed legislation began in Quebec City.

"If somebody doesn't like the smell of the smoke, he moves to (another) table."

Sergakis offered what he called a solution: dividing a patio into two sections, with one for smokers and the other for non-smokers.

He suggested the two be separated by about one and a half metres so the smoke could dissipate.

Provincial legislation to ban smoking inside restaurants, bars, indoor workplaces, pub-



**Peter Sergakis is the head of a group of restaurant owners threatening legal action if the province pursues legislation to prohibit smoking on outdoor patios.** THE CANADIAN PRESS

  
**The government never showed us any studies showing that there is a potential risk.**  
Peter Sergakis

lic places, bowling alleys and bingo halls was enacted in May 2006.

Sergakis claimed that it prompted a 25 per cent drop in business and that the restaurant industry never recovered.

Sebastien Senechal, the

group's lawyer, said what saved bar owners a bit at the time was the fact smokers could still go out on patios to get their fix.

But the proposed legislation would change that.

"We think we may see a decrease of 10 per cent (in business) — maybe more, maybe a little less — but it's going to be something like that," he said.

Senechal argued there is no reason for the government to intervene. Ontario banned smoking on all restaurant and bar patios as well as playgrounds and publicly-owned sports events as of January 2015. THE CANADIAN PRESS

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# Cabbies' picket rolls on

**JOB ACTION**

## Locked-out drivers protest fee increase to \$5 per pickup



**Lucy  
Scholey**  
Metro | Ottawa

As the Ottawa airport taxi protests continue past the week-long mark, the picket line shows no sign of stopping.

On Tuesday, Airport Taxi YOW drivers and supporters took the protest to the headquarters of Coventry Connections before heading back to the airport for more picketing.

However, drivers did not cause further traffic snarls with another afternoon rush-hour parade down the Airport Parkway.

"We will be rotating our action now," said Amrik Singh, head of taxi Union Local 1688, without

divulging further details.

Tuesday marked a full week since drivers started protesting the fee increase to \$5 from about \$1 or \$2 per pickup.

Coventry Connections, which owns several cab companies in Ottawa, locked out the drivers for refusing to pay the new fees.

However, there appears to be no shortage of cabs at the airport. On Tuesday, Blueline and Capital Taxi drivers, which are also owned by Coventry Connections, were lined up and awaiting passengers.

"Here comes another scumbag!" shouted one Airport Taxi YOW driver, who would only go

by his first name, Sid. The handful of other protesters yelled "shame!" at the Blueline driver,

who had a passenger in the backseat.

Singh apologized to drivers who have been inconvenienced by slow-moving road protests.

"We had no intention to cre-



**A protesting Airport Taxi YOW driver shouts at Blueline and Capital Taxi drivers picking up airport passengers Tuesday.** STEVE RENNIE/METRO

ate any inconvenience for the public, but the whole thing is created by the CEO of the airport and Coventry Connections," he said.

Ottawa International Airport Authority spokesperson Krista

Kealey said the fee structure is an issue between the union and Coventry Connections.

"What we're asking for is a rent from Coventry as the taxi broker that is commensurate with the market," she said.

Metro could not reach Coventry Connections president Hanif Patni Tuesday.

However, Patni has previously said the taxi hikes are necessary to pay the airport stand fees.

## IN BRIEF

### Expanded Capital Fair set to run Aug. 21-30

The Capital Fair board is making progress in expanding the event's entertainment and attractions lineup, an event spokesperson says. "We're sort of on a five-year plan to make this the biggest fair in the area," said Harley Bloom.

Formerly known as the Gloucester Fair, the event was renamed last year, moved from May to August and expanded from four to 10 days. It takes place Aug. 21 to 30 at the Rideau-Carleton Entertainment Centre and Raceway.

ERIN MCCRACKEN/  
METROLAND MEDIA

### Police probe gunshot into front door of Vanier home

Ottawa police are investigating after someone fired a single gunshot into the front door of a Vanier home Monday night.

Police say they got a call around 10:07 p.m. after the shot was fired in the area around De l'Eglise Street and Guy Street.

No one in the home was hurt. METRO

### We will be rotating our action now.

Amrik Singh,  
Local 1688

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# Speed humps wanted in Old Ottawa South

**INFRASTRUCTURE**

## Four collisions at intersection since 2011, says traffic manager

Capital Ward Coun. David Chernushenko is hoping to put the brakes on speeders through Old Ottawa South this fall with two speed

humps on Ossington Avenue.

The road is being completely rebuilt between now and November, offering a "very rare opportunity to do it at almost no additional cost," the councillor said. "It doesn't even require an increase in the project budget."

The one-way residential street has a speed limit of 40 km/h, but residents don't feel drivers respect that.

Many drivers cut through

the area, located on the southwest end of the Old Ottawa South neighbourhood, to escape the stop-and-go tedium of Bank Street to get to Carleton University, Bronson Avenue or Colonel By Drive during rush hour.

"It's the first opportunity where you can turn left (driving north on Bank)," Chernushenko said.

That sends angry drivers down the otherwise quiet

**40km/h**

The limit on the one-way residential street.

at the Bank and Ossington intersection, and in 2013 a pedestrian was hit mid-block, according to city area traffic manager Heidi Cousineau.

An average of 1,230 cars used the street each day last September, and 15 per cent of them drove more than 44 km/h.

That's normal for most city streets, Cousineau said, but combined with the volume and collision stats — and the

fact that the road is about to be rebuilt — the conditions are right for some traffic calming.

While speed humps can be controversial — they can cause more noise from braking and are sometimes a problem for emergency vehicles and snow plows — nearly every house on the street is on board, Chernushenko said.

EMMA JACKSON/METROLAND MEDIA



Free the Falls supporters exit the city council chamber.

HALEY RITCHIE/METRO

## Critics speak at Zibi development hearing

 **Haley Ritchie**  
Metro | Ottawa

Five anti-development appellants made their case Tuesday at the Ontario Municipal Board (OMB) pre-hearing on the proposed downtown Zibi development.

"In the end we have a battle between visions," said Lindsay Lambert, one of the petitioners who wants to see the land become a park in the vision of late Algonquin elder William Commanda.

Approximately 25 aboriginal and non-aboriginal supporters watched the proceedings.

Opposition to the development is not universal. Windmill has received support from multiple Algonquin groups for their vision of developing the islands into condos with public waterfront access.

They have also promised to hire aboriginal workers, restore native plants and erect signs in the local native language.

Presenters frequently butted heads with OMB chair Richard Makuch, who repeatedly asked that the rules be followed.

"If you want to stand here and be insulting, please sit down," he said to Lambert.

Larry McDermott, a member of the Shabot Obaadjiwan First Nation, tailored his remarks to planning issues.

"The duty to consult us as aboriginal people is more important than checking in on our concerns and seeing us as mere stakeholders," he said. "I submit to you, sir, provide access, provide protection to lands of sacred and spiritual importance."

Wednesday is the last day for the hearing. A decision is likely to be released before Friday.

**IN BRIEF**

### Youths' coffee-house event aims to help homeless

A local youth group is combining coffee with charity tonight to help alleviate homelessness in Ottawa.

CastleStone, a student-run, non-profit organization, is holding a coffee house in the Chapters store at the Kanata Centrum shopping centre tonight. There will be

speakers as well as local talent and entertainment.

Chapters will donate 10 per cent of all purchases during the event to the organization. The group is also accepting donations, which will go toward future public events and a project to deliver food and hygiene items to those in need.

METRO

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ROCK CREEK FIRE

## No sign of video yet: Police

Days after a wildfire destroyed 30 homes in southeast British Columbia, rumoured video of a tossed cigarette that sparked the blaze hasn't been found.

The Forests Ministry said Tuesday that investigators have reviewed the nearest highway camera in Rock Creek, about two kilometres from the spot where the fire broke out.

Ministry spokeswoman Vivian Thomas said a B.C. Wildfire Service investigator spoke to a resident who reported the existence of a video but no footage has been located.

"No one has come forward with a video related to how the Rock Creek fire was started," Thomas said.

She said anyone with information, photos or video should contact the wildfire service or the RCMP.

Fire information officer Mike McCulley said the video is "a rumour, as far as we can tell."

"There's no video at this time. We have investigators working with the RCMP and they are actively pursuing any leads they can find so we can try to resolve this issue."

He said investigators have not determined that a cigarette sparked the 37-square kilometre blaze but it is likely human-caused.

"You can see the tragedy that happens when preventable human-caused fires occur," he said. THE CANADIAN PRESS



**We need the public to pay really close attention to what they're doing out there.**

Fire information officer  
Mike McCulley

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ELECTION 2015

## Journalists' line of questioning angers Harper supporters

A few Conservative supporters took to shouting down reporters' questions to Stephen Harper Tuesday, apparently angry the journalists continued to ask questions about the continuing criminal trial of Senator Mike Duffy.

Hecklers booed and cried "shame" when journalists used a few of their daily "allotment" of five questions to Harper on the Duffy trial, where Harper's former chief of staff, Nigel Wright, is on the stand.

The hecklers demanded the journalists ask about the issue at hand: a piece of legislation introduced by the Conservatives in March, which would be their top public safety priority if re-elected.

One shouted to the journalists that they should ask questions about seniors.

Harper, for his part, attempted to quiet the supporters down and dealt with the questions asked of him.

Outside the event, one man who refused to identify himself called a reporter "lying piece of s---" and accused her of cheating on her taxes.

"Duffy made a bit of cheating on his tax return, and you're turning it into an issue," the man yelled in footage posted online by CBC.

"It's not a deal; it's a nothing. Harper doesn't read income tax forms, you idiot. It's done by the people in the tax department."

It's not clear where the man got the idea that the Senate spending scandal had anything to do with income

tax or the tax department, also known as the Canada Revenue Agency. The man was escorted away by security, directing reporters to "stuff" themselves.

Kory Tenycke, a spokesman for the Conservatives re-election campaign, apologized for the incident and said supporters would be reminded

**\$12,500**  
**The amount news outlets pay per week, plus hotel and meal expenses, to cover the Conservative campaign. Reporters are transported by the campaign to Harper's events and permitted to ask a few questions of their choosing each day.**  
TORSTAR NEWS SERVICE

of appropriate decorum at future events.

For the past week, media outlets have largely focused on the Duffy trial. Wright, who cut a personal \$90,000 cheque to cover Duffy's disputed housing expenses, has been testifying since Wednesday.

Emails released as evidence in that trial show that senior members of Harper's office, including Wright's replacement Ray Novak, were looped in on many of the conversations about how to handle Duffy's circumstances.

Novak continues to play a role on the Conservatives' re-election campaign, as does Marjory LeBreton, a retired senator who co-ordinated with PMO on the Duffy issue.

Harper has repeatedly said that he holds two people accountable for the ordeal:

Wright and Duffy. He has deflected questions about the emails as they were released publicly, and said he won't comment on specifics before the court on Tuesday.

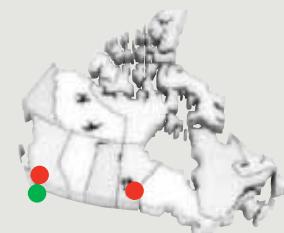
The opposition New Democrats are now asking the RCMP to revisit the possibility of charges for Wright, as well as investigating Novak and

other members of the PMO involved in the discussions.

Harper was in Etobicoke to announce that the government would make their proposed "life-means-life" legislation their top public safety priority, should they be re-elected in October.

TORSTAR NEWS SERVICE/WITH FILES FROM THE CANADIAN PRESS

## WHERE THE LEADERS ARE TODAY



• **Justin Trudeau** will be in Winnipeg to make an announcement and then in Vancouver to do the same.

• **Elizabeth May** will be greeting commuters in Saanich, B.C.

Itineraries for Stephen Harper and Tom Mulcair were unavailable.

NIAGARA FALLS

## Live baby locked in hotel safe

Police are looking for an American couple after staff at a Niagara Falls, Ont., hotel said they found a baby locked inside a room safe.

Niagara Regional police said the baby's parents alerted the hotel about the incident at 10 a.m. on Tuesday, and a maintenance worker freed the crying child.

Det.-Sgt. Scott Kraushar said the parents were at the scene but they left with the baby before police arrived.

"They were quite distraught and brought the

cleaning staff back to the hotel room," he said.

"Unfortunately there was a delay in contacting police, and we're not thinking that they were trying to run, they just checked out during that time."

He said there is no information about why the baby was inside the safe.

The hotel's manager, Kevin Liddle, said he was made aware of the situation through other staff and instructed them to contact police.

"We as management are deeply concerned by (Tuesday's) events," he said.

"The local authorities were contacted and the hotel is cooperating with them fully."

Investigators said the hotel room was registered to a person from Brooklyn, N.Y., who was driving a grey passenger van with the New Jersey licence plate B31 EUB.

Kraushar said police want to locate the family to find out about the welfare of the child.

THE CANADIAN PRESS



During a campaign stop in Etobicoke, Ont., on Tuesday, advocates of the Progressive Conservative Party sharply attempted to steer media away from inquiries about the criminal trial of Sen. Mike Duffy, claiming they should focus on anti-terrorism and the needs of seniors instead. SEAN KILPATRICK/THE CANADIAN PRESS



Winnipeg Mayor Brian Bowman attends the Big Cities summit hosted by the Federation of Canadian Municipalities in Toronto in February. CHRIS YOUNG/THE CANADIAN PRESS FILE PHOTO

## Summit to battle bigotry

RACISM

### City wants to change its ugly reputation

Winnipeg's mayor is calling a race relations summit for next month as the city tries to shake off being dubbed the most racist in Canada.

Mayor Brian Bowman said the race relations summit, to be held at the new Canadian Museum for Human Rights, will continue a much-needed discussion about racism.

"We do have a problem here," Bowman said Tuesday. "Cities across our nation have the same problem: intolerance, ignorance, racism. We have a problem. It's not Winnipeg's alone, but we are ready to lead the nation in the battle to take on racism together."

Some have called Winnipeg the epicentre for missing and murdered aboriginal women following the death of 15-year-old Tina Fontaine, whose body was pulled from the Red River wrapped in a bag last year.

Earlier this year, a Winnipeg high school teacher made national headlines when he ranted about aboriginal people on social media, accusing them of being lazy and seeking free money from non-aboriginals.

Bowman tearfully promised to tackle such intolerance in

January when Winnipeg was labelled the most racist city in Canada in a cover story in Maclean's magazine. Since then, he has appointed an indigenous advisory council and said the two-day summit will bring people together to share ideas on how to fight racism.

"No single summit of leaders can or will end racism. We all know that," Bowman said. "We need more than words to affect the most necessary change in Canada ... But the summit is an attempt to begin that process."

Grand Chief Terrance Nelson with the Southern Chiefs Organization said a two-day summit does little to address soaring aboriginal unemployment rates, hundreds of missing and murdered aboriginal women, the disproportionate number of aboriginal people in jail and the thousands of aboriginal children in the care of child and family services.

If Bowman were serious about addressing the plight of First Nations, Nelson said, he would focus his attention on creating an urban reserve rather than organize a summit.

Education Minister James Alum said the province will help fund the summit and congratulated organizers for tackling the issue head-on.

"(It's) a conversation that needs to happen among all of us," Alum said.

THE CANADIAN PRESS

**We all know the problems ... We have to have concrete action, not simply another conference.**

Grand Chief Terrance Nelson

COMMUNICATIONS

## Small ISPs have a big ask for CRTC

Canada's non-Big Three Internet service providers are appealing a recent CRTC decision on wholesale wireless access because they want to offer their own wireless services using the networks of Bell, Telus and Rogers.

The Canadian Network Operators Consortium (CNOOC) wants big telecom companies to be required to provide access to their wireless networks, similar to how they're required

to provide access to their cable and phone lines.

In the CRTC's decision released in May, the regulator said it would not mandate access to wireless networks to the consumer is shared but each company has to invest in its own communications backbone.

Bell, Telus and Rogers had argued that the case for building new infrastructure would be undermined if third-party carriers could piggyback on the bigger networks without

building any towers of their own.

CNOOC said in its appeal that it wants the CRTC to mandate that the wireless connection to the consumer is shared but each company has to invest in its own communications backbone.

The group represents more than 30 small ISPs from across the country including Primus, TekSavvy, and Distributel.

In its May decision, the

regulator capped the rates big wireless companies can charge smaller competitors for access to their networks because of concerns about competition.

The group says the CRTC's own analysis found that both domestic roaming and MVNO services are essential services controlled by the incumbents and therefore worthy of regulation, yet only roaming was addressed in the decision.

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# Video shows man leaving backpack at bomb scene

THAILAND

## Images taken from security footage at crowded shrine

In the grainy security video, a man in a yellow shirt sits on a bench at the crowded Erawan Shrine, removes a backpack he is wearing, and leaves it behind when he walks away.

For police hunting who was responsible for Monday's deadly bombing in central Bangkok, there was no doubt about the man with youthful shaggy dark hair and glasses.

"The yellow shirt guy is not just the suspect. He is the bomber," police spokesman Lt. Gen. Prawut Thavornsiri told The Associated Press on Tuesday.

Prime Minister Prayuth Chan-ocha called the shrine bombing near a busy intersection that killed 20 and wounded more than 100 "the worst incident that has ever happened in Thailand," and he promised to track down those responsible.

"There have been minor bombs or just noise, but this time they aimed for innocent lives," Prayuth said. "They want to destroy our economy, our tourism."

Bangkok was rattled again Tuesday when another pipe bomb blew up at the Sathorn Pier, which is used by tourists, although no one was hurt.

Prawut released several photos of the man, with and without the backpack, on social media. The images were apparently taken from closed-circuit video at the shrine before the bomb exploded.



A man lights a candle near the scene in Bangkok where 20 people lost their lives Monday. SAKCHAI LALIT/THE ASSOCIATED PRESS



The man on video identified as a suspect. HANDOUT/THE ASSOCIATED PRESS

weighed 3 kilograms, went off around 7 p.m. in an upscale area filled with tourists, office

The flight data recorder and the cockpit voice recorder — the plane's "black boxes" — were found in good condition, Soelistyo said. The data they contain could help explain what caused the Trigana Air Service plane to crash Sunday.

INDONESIA

## 54 bodies recovered from plane crash site

Rescuers on Tuesday reached the site in eastern Indonesia where a passenger plane slammed into a mountain over the weekend, killing all 54 people on board, and found that the aircraft had been destroyed, officials said.

More than 70 rescuers reached the crash site after being hindered by rugged, forested terrain and bad weather, said Henry Bambang Soelistyo, the National Search and Rescue Agency chief.

THE ASSOCIATED PRESS

### IN BRIEF

#### Owner of Cecil the lion's shooting site charged

Zimbabwe has charged a man on whose land a well-known lion named Cecil was shot by American dentist Walter James Palmer in July.

Charges have not been filed against Palmer.

Honest Ndlovu, whose property is near the vast Hwange National Park in western Zimbabwe, is charged with allowing an illegal hunt on his land.

THE ASSOCIATED PRESS

### U.S. ARMY

## Two women join elite Ranger ranks

Two women have passed the U.S. Army's Ranger School, becoming the first females to complete the grueling combat training program and earn the right to wear Ranger tabs on their uniforms.

The Army's Ranger headquarters in Fort Benning, Ga., says the women and 94 men passed the 62-day course that tests their ability to overcome fatigue, hunger and stress during combat operations.

Allowing women to par-

ticipate in the Ranger course is part of the U.S. military's push to open more combat jobs to women. Though most of the military's approximately 1,000 occupations are open to women, some of the toughest ones remain closed to them.

"This course has proven that every soldier, regardless of gender, can achieve his or her full potential," Army Secretary John McHugh said in a statement.

THE ASSOCIATED PRESS

OCEAN WARMING

## Lobsters heading north

The U.S. lobster population has crashed to the lowest levels on record in southern New England region while climbing to heights never before seen in the cold waters off Maine and other northern reaches — a geographic shift that scientists attribute in large part to the warming of the ocean.

The trend is driving lobstermen in Connecticut and Rhode Island out of business, ending a centuries-old way of life.

Restaurant diners, supermarket shoppers and summer vacationers aren't seeing much difference in price or availability, since the overall supply of lobsters is pretty much steady.

But because of the importance of lobsters to New England's economy, history and identity, the northward shift stands as a sad example of how climate change may be altering the natural range of many animals and plants.

"It's a shame," said Jason McNamee, chief of marine resource management for Rhode Island's Division of Fish and Wildlife. "It's such a traditional, historical fishery."

In 2013, the number of adult lobsters in New England south of Cape Cod slid to about 10 million, just one-fifth the total in the late 1990s, according to a report issued this month by regulators.

The declines are "largely in response to adverse environmental conditions, including increasing water temperatures over the last 15 years," along with continued fishing, the Atlantic States Marine Fisheries Commission said.

At a power plant in Long Island Sound, for example, there were more than 75 days with a recorded average water temperature above 20 Celsius in 2012, 2013 and 2014, the report said. Between 1976 and 2010, that happened only twice.

In northern New England, meanwhile, lobsters are booming. The population in the Gulf of Maine and in fishing grounds farther out to sea has reached record highs, more than doubling to about 250 million adult lobsters since the mid-1990s, the report said.

**10M**

There were a total of 10 million lobsters in New England south of Cape Cod in 2013, one-fifth the total in the late 1990s, regulators say.

# Murder suspects arrested

CRIME

## Three accused of involvement in two deaths

Authorities in Bangladesh said Tuesday that they have arrested three men, including a British citizen, for their involvement in the murders of two secular bloggers.

The three are suspected members of the Ansarullah Bangla Team, a banned Islamic militant outfit, said Maj. Maksudul Alam, a spokesman for the country's Rapid Action Battalion.

Bangladesh banned the group in May after police accused its members of threatening and killing bloggers



Rapid Action Battalion personnel escort Touhidur Rahman before the media on Tuesday in Dhaka, Bangladesh. A.M. AHAD/THE ASSOCIATED PRESS

and writers.

Alam said one of the arrested men, Touhidur Rahman — a British citizen of Bangladeshi origin — was the mastermind and financier of the attacks on bloggers Avijit Roy and Ananta Bijoy Das, who were killed earlier this year.

The suspects were arrested Monday night in raids in Dhaka, Bangladesh's capital, and appeared with authorities at a news briefing Tuesday.

Mufti Mahmud Khan, the head of the battalion's media wing, told reporters that while Rahman was the main planner of the killings, another suspect who was arrested, Sadek Ali, acted as a bridge to communicate with Mufti Jasim Rahmani, the alleged head of the militant group. Ali, 28, became involved with Rahmani while working as a printing press worker, Khan said.

Rahmani is currently in jail

awaiting trial in the murder of another blogger, Ahmed Rajib Haider, in Dhaka in 2013.

"Ali often visited the prison to meet Rahmani for instructions," Khan said.

He said the third suspect, 35-year-old Aminul Mollick, was a broker at a passport office and helped members of the militant group make fake passports so they could travel abroad if necessary.

Khan said Rahman, 58, is an

information technology expert and returned to Bangladesh from the United Kingdom in either 2011 or 2012. He then got in touch with Rahmani, who inspired him to work for the group.

During an interrogation after their arrests, Khan said, the men admitted that a team of four or five took part in the killing of Roy, a Bangladeshi-born U.S. citizen. The same team was involved in the attack on Das, Khan said.

Roy was a prominent voice against religious extremism and created a network of atheist bloggers at home and abroad. His wife, also a blogger, was injured in the attack, which took place as the couple walked on the campus of Dhaka University.

An increasing divide between the secular bloggers and Islamist groups has been visible, with bloggers calling for banning religion-based political parties that seek blasphemy laws to protect their faith in the South Asian nation, which is predominantly Muslim but ruled by secular laws based on British common law.

THE ASSOCIATED PRESS

## IN BRIEF

### Extreme temperatures leave more than 100 dead

Egypt's state-run news agency says the death toll from a scorching heat wave has risen to 106 people since last week.

Egyptian summers are usually hot, but temperatures this week soared to 46 degrees Celsius in the country's south. The Midwest has been affected by a heat wave since late July.

THE ASSOCIATED PRESS

### Drug raid uncovers poppy field near Mexico City

Mexican navy personnel have found and destroyed a six-acre opium poppy plantation near the nation's capital.

The field was found in the State of Mexico in an area about 80 kilometres from Mexico City, near the Nevado de Toluca volcano.

The navy said in a statement Monday that an estimated 221,000 poppy plants were destroyed in the raid.

It did not say what gang or drug cartel was suspected of planting the poppies.

THE ASSOCIATED PRESS

PALESTINE

## Protester vows to continue fast 'until he is freed'



In a protest in the Al Aqsa Mosque complex in Jerusalem's Old City, posters feature pictures of hunger striker Mohammed Allan. MAHMUD ILLEAN/THE ASSOCIATED PRESS FILE PHOTO

A Palestinian detainee who slipped into unconsciousness last week after a two-month hunger strike woke up Tuesday and said he would continue his protest, even as his condition remains critical.

Mohammed Allan, 31, said he would continue to refuse medications but accept vital fluids and supplements until Israel's Supreme Court rules on his case Wednesday, according to lawyer Jawad Bullos. Allan said he will stop drinking water and reject the fluids if the court does not

order his release.

He also rejected an Israeli proposal made Tuesday to exile him for four years in exchange for ending his hunger strike, Bullos said.

Allan's strike began in protest of being held in administrative detention, a measure allowing authorities to hold suspects for months without charge. Israel defends the practice as a necessary tool to stop militant attacks.

Israel said he is being held for his alleged affiliation with Islamic

Jihad, a Palestinian armed group that has carried out numerous attacks. Allan has denied the allegations and said Israel should either charge or release him.

Israel imprisoned Allan from 2006 to 2009 on charges of involvement with Islamic Jihad's militant activities. His family said that after his release, Allan became a lawyer in the West Bank city of Nablus and cut ties with the group.

Israel authorities arrested Allan again in November 2014 and detained him without charge for

two six-month periods. Allan began his hunger strike in June.

Palestinian prisoners have used hunger strikes before to draw attention to their detention without trial or charges, and Israel has at times acceded to hunger strikers' demands.

But Allan's fast is the first to test a new law, passed narrowly in July, which allows a judge to sanction force-feeding or medical treatment if an inmate's life is threatened, even if the prisoner refuses.

THE ASSOCIATED PRESS

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# Canadian upstart steps into Apple Watch's turf

## TECHNOLOGY

## Nymi develops wristband with security linked to heartbeat

Strapping your wallet, house keys and a database of passwords onto your wrist would make life a lot easier, and one Canadian company has created a way to link all of that information — with an extra level of security tied to your heartbeat.

Nymi is one of the latest entrants to the crowded wearables market, which is dominated by the hype of the Apple Watch and a wide selection of fitness trackers.

The Toronto-based company has created a wristband that operates like a virtual key that you wear on your wrist.

Sensing the electrical activity of its user's heart, the device can be used for a variety of functions, like logging onto your computer using a password, paying with your

credit card at the checkout or opening your car door. Once you take it off, the device deactivates until you slip it on again and its sensors detect your heartbeat.

Nymi co-founder Karl Martin says that when he started the company in 2011, under the name Bionym, wearables were mostly still just an idea among developers.

Martin was working as a researcher at the University of Toronto, where he and a colleague were digging into the possibilities of biometric technology. But their idea was too fresh for many companies to get behind, so they decided to take the project solo.

"Wearable technology was just starting to bloom," he said. "It was sort of like the stars were aligning."

Over the past year, Nymi has been tested on the arms of a small group of Canadians.

The company partnered with Royal Bank on the RBC PayBand last fall, a pilot project designed to give banking clients more payment options.

Nymi rolled out a larger test earlier this summer by equipping about 100 TD Bank customers in Toronto, Ottawa and Regina with the wristband.

Other banks are expected to join the experiment in the coming months, but it could still be a while before consumers get their hands on a Nymi band. THE CANADIAN PRESS



**Wearable technology was just starting to bloom.**

Karl Martin



Co-founder Karl Martin shows off the device at his company's office in Toronto. He says when he started the company in 2011, wearables were still just an idea. CHRIS YOUNG/THE CANADIAN PRESS

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## IN BRIEF

## Ikea recalls nightlights

Swedish retailer Ikea is taking all of its 442,000 Patrull nightlights off the market because the cover of the light can detach, creating a risk of electrical shock.

THE ASSOCIATED PRESS



## market minute

	<b>DOLLAR</b> 76.59¢ (+0.17¢)
	<b>TSX</b> 14,193.87 (-57.66)
	<b>oil</b> \$42.62 US (+75¢)
	<b>GOLD</b> \$1,116.90 US (-\$1.50)

**NATURAL GAS:** \$2.704 US (-2.4¢)

**DOW JONES:** 17,511.34 (-33.84)

## ELECTRONICS

## Toshiba to add outside directors after scandal

Japanese energy and electronics giant Toshiba Corp. says it expects to book a loss in the current fiscal year and is beefing up its management standards after an investigation found extensive problems with its accounting and corporate governance.

The company said Tuesday that it plans to add more outside directors to help ensure stricter oversight. The newly organized board is to have 11 members, seven of whom will be outside directors.

A probe found under-reporting of project costs and losses in many divisions in a scandal that prompted the resignations of former company president Hisao Tanaka and two other top executives.

## INTERNET

## Google building smarter router

Google is making a Wi-Fi router as part of its ambition to provide better Internet connections that make it easier for people to access its digital services and see more of its online advertising.

Pre-orders for the \$199 US wireless router, called OnHub, can be made beginning Tuesday at Google's online store, Amazon.com and Walmart.com. The device will go on sale in stores in the U.S. and Canada in late August or early September.

Google is touting the cylinder-shaped OnHub as a leap ahead in a neglected area of technology.

The Mountain View, Calif., company is promising its wireless router will be sleeker, more reliable, more secure and easier to use than other long-established alternatives made by the Arris Group, Netgear, Apple and other hardware specialists. Google teamed up with networking device maker TP-Link to build OnHub.

OnHub also will adapt to the evolving needs of its owners because its software will be regularly updated to unlock new features, according to Trond Wuellner, a Google Inc. product manager. The concept is similar to the automatic software upgrades the company makes to its Chrome browser and personal computers running on its Chrome operating system.

THE ASSOCIATED PRESS

Toshiba plans to revise its earnings by \$1.2 billion US or more to correct the mistakes.

The report by the investigation committee into the accounting problems outlined many instances of company officials under-reporting costs, delaying reports of losses and other abuses, including "channel stuffing," or inflating sales figures by putting more products into a distribution channel than it can sell.

In many cases it attributed the missteps to worries that upper management would not accept the losses and to lax internal controls. No charges have been filed related to the problems, which date back at least six years.

THE ASSOCIATED PRESS

# metr**VIEWS**

Your essential daily news

Wednesday, August 19, 2015

## URBAN ETIQUETTE: ELLEN VANSTONE ON SAYING SOMETHING NICE



Dear Ellen,  
Is there a politically neutral way to compliment someone's appearance on the street or at work?  
Viktor in Vancouver

Dear Viktor,  
This is an excellent question for our changing times and one that applies to all sexes, genders, orientations and age groups. But let's start with examples from the heterosexual arena.

There once was a day — or a few millennia, I guess — when men could lasciviously slaver over unaccompanied women in public. I have no doubt that in ancient Rome, local lads harassed vulnerable ladies with such witty comments as "Show me your pectorum," or "Hey, baby, let's fornicate." Such behaviour may have been deemed crass but it was accepted as absolutely normal in patriarchal societies where a female without a male "owner" in public was seen as fair game for sexual comment, or worse.

Sadly, such attitudes are still rampant. At least now, sexually charged verbal assault is increasingly being identified for what it is: a hateful abuse of power.

Equally sadly, the rude pigs who yell at women on the street, along with the slime-balls who intimidate their female staff with sexual innuendo at work, have ruined it for the truly nice men out there who simply do want to pay a polite compliment.

Note that there is not a fine line between "You look great today" and "I'd like to shove you up against a wall" — but things have become so freighted, with a new awareness of rape culture and its accompanying political-correctness-on-steroids. The casual compliment has gone the way of the dodo (much like

### THE QUESTION

## Is there a politically neutral way to compliment someone on the street or at work?



©Ani Castillo

**There is not a fine line between "You look great today" and "I'd like to shove you up against a wall."**

my phraseology, but never mind).

If you are tempted to compliment a stranger or co-worker, here are some simple guidelines.

If you are a straight male, and you want to compliment a female on the street or at work, try it out on a male first: "Hey buddy, I like your hair!" or "Man, you look fierce in those jeans!" If that seems creepy and inappropriate, it's probably creepy and inappropriate to say to a female, too.

If you're gay and you want to compliment a person of

the same sex, the male-female power dynamic may be less of an issue. But you are still strongly advised to comment only if, a) The subject of your compliment is not a subordinate in the workplace hierarchy, and b) You live in a large, cosmopolitan city where tossing out same-sex compliments in public won't get you killed.

If you are a young person, straight or gay, and the person you want to compliment is older, it may be safe. In fact, there's something ineffably gallant about a young person who, with the merest complimentary hint, can acknowledge the vitality of an older person. To do so, however, will require a level of finesse few people possess.

First, the compliment must be tempered by whether or not they share your sexual orientation. (If you don't

understand this, don't bother reading any further; you clearly don't have the finesse, so just skip to the end.) Second, your compliment must indicate that, while they are attractive, you as a young person would never presume yourself to be an eligible partner (unless you were contemporaries, of compatible sexual orientations, in another era, in which case you'd unquestionably find them irresistible). Third, you have to mean it. A false or patronizing "compliment" will invite only contempt.

The best rule might be to avoid personal comments in public or at work altogether. Instead, shower them where they'll be most appreciated — on family, friends and lovers.

Need advice?  
Email Ellen:  
[ellen@metronews.ca](mailto:ellen@metronews.ca)

## ROSEMARY WESTWOOD

metroview



## I let a baby roll off a porch. Will I ever be ready for parenting?

I let the baby fall off the porch.

It was the latest encounter with little humans that left me convinced: I'm not ready for one of those.

I'd like to say it wasn't my fault. The 11-month-old can't walk or crawl. She scooches around on her diaper-clad bum, pulling herself with pudgy little arms, but she's surprisingly swift.

We were on the wide sunny porch of the cabin, which thankfully only rises two steps above the grass.

I was on watch duty, a low-grade job that involves the odd directional adjustment to her slide. Someone gave a sharp yell at the dog. I looked up, and she went over the edge.

She wasn't hurt but she was devastated. And so, in a way, was I.

A 29-year-old woman should be able to keep a baby from tumbling off a deck.

Then there were her equally adorable brothers, seven and four years of age, who had a lot more mobility and a lot more energy. A relative outsider (they are my second cousins), I watched a family of six adults trade off activities like book reading, soccer, sailing, tubing and making sure the boys ate their dinner.

I joined in with a bit of tag and swimming, some banter about favourite foods. But I

didn't feel the pull to teach them a card game. I don't really like soccer. I was glad to read my book and fry eggs for my keep, keeping mostly to myself. Baby/child encounters seem to end this way, with relief that I remain childless.

My sister, for years a nanny, has managed to still want children.

"It definitely fluctuates," she said. "Sometimes when I'm at the pool and all these screaming kids are splashing and kicking around me, I hate them. And then when I spend time with my friends who have kids or are expecting, it makes me feel excited about the idea of doing that myself."

That is the irony of the young city-dwelling woman. Kids sound nice, but not right now. She's pressing on with her career, travelling and eating gourmet tacos. She's volunteering with an underground magazine or literary events. She's buying a house or worrying about affording one. She's cooking for friends. She's bringing the wine.

The clock is ticking. My ovaries should be kicking. But kids remain in the somewhat distant future, where, I'm banking, a hidden need will emerge and indifference will become yearning.

Because right now, nothing makes me take birth control more seriously than other people's children.

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# metr**LIFE**

Your essential daily news

Snack on this! Scooby-Doo is coming back to the big screen



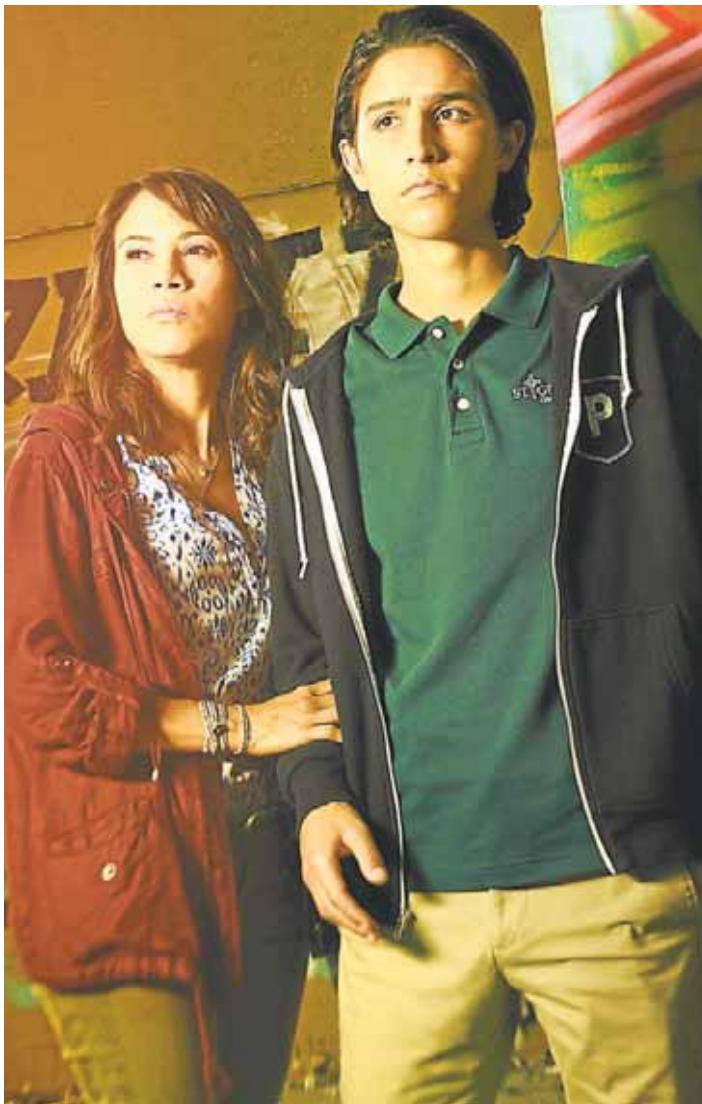
# 5

## NEW TV SERIES TO WATCH RIGHT NOW

Couch potato season is almost upon us. As TV junkies, we're excited about the fall television schedule kicking off next month with its promising new shows as well as the return of several favourites. But if you need a fresh TV fix to tide you over until September, August offers up some brand spankin' new gems that should do the trick BRIAN GASAREK/FOR METRO

### 1 The Carmichael Show

Popular standup comedian and goofy Neighbors star Jerrrod Carmichael launches his highly anticipated new sitcom The Carmichael Show on NBC this month. The show revolves around Carmichael's relationship with his girlfriend and fictional family with a cast that includes Loretta Devine and David Alan Grier as his parents. The half-hour risqué comedy has potential to be TV's next big sitcom hit. But at the very least, let's just hope it's better than Mr. Robinson. **Aug. 26**



### 2 Narcos

Netflix's new series to binge-watch for August is Narcos, a cool-looking drama about the Medellin cocaine cartel run by Pablo Escobar in the '80s and the DEA's attempts to take him down. It should be incredibly intense, excellent and far better than Vinne Chase's take on Medellin in Entourage. **Aug. 28**



### 3 Spinoff to watch: Fear The Walking Dead

A show as massively popular as The Walking Dead most definitely needs a spinoff, and this month we're getting it.

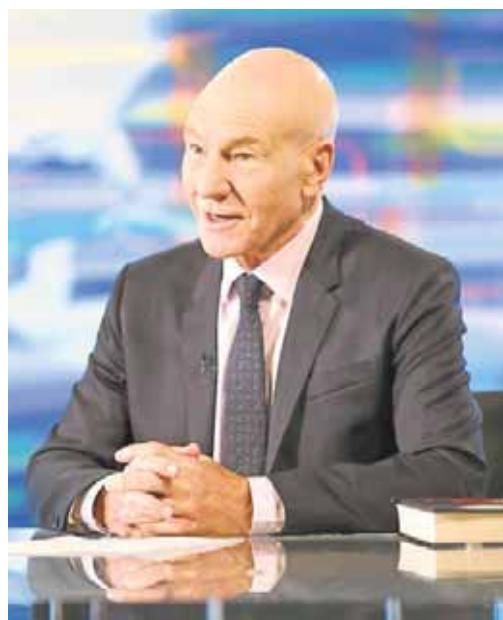
On Aug. 23, AMC is set to premiere Fear The Walking Dead. The show will act as a prequel (or "companion series") to The Walking Dead, and looks just as spooky and zombie-filled.

The show takes place in L.A. and revolves around a divorced schoolteacher, his fiancée and her kids as they experience the early stages of the zombie apocalypse — you know, the same time that Rick was in his coma.

It's said that Fear The Walking Dead will focus closely on telling the story of a family unit and the problems they face as the collapse of civilization approaches. Obviously you can't miss it. **Aug. 23**

### 4 Blunt Talk

Blunt Talk may very well be the best new show premiering this month. Produced by Seth McFarlane and starring Patrick Stewart, the comedy sitcom follows the misadventures of a misguided, degenerate Brit newscaster (Stewart) who moves to L.A. hoping to conquer American cable with his new nightly show. The series features a solid supporting cast that includes Richard Lewis, Ed Begley Jr., Jason Schwartzman and Jacki Weaver. It looks crass and hilarious and is already signed on for two seasons. **Aug. 22**



### 5 Documentary Now!

How could you not watch a spoof mockumentary mini series created by Fred Armisen, Bill Hader and Seth Meyers that is hosted Dame Helen Mirren? You just know it's going to be hilarious. IFC's Documentary Now! aims to spoof celebrated docs by parodying them with similar fictitious subjects. The first episode spoofs VICE News' hipster docs. **Aug. 20**



# Pretty gets more penny when it comes to coffee

## RESEARCH

## Foam-art latte perceived as better: Study

## NUTRI-BITES

**Theresa Albert**

[myfriendinfood.com](http://myfriendinfood.com)



Will you pay more for pretty? I pay for my hair, nails and clothes to present my best self to the world. Curb appeal sells a house as do stainless steel appliances that function exactly the same as plain white ones. What about the swirly picture in your latte? Is that worth a buck more per cup?

A study published in the Journal of Sensory Studies says you will not only pay for it, but that you are likely to perceive it as better. The results "clearly demonstrated that people will pay significantly more for a coffee with latte art." Apparently there is also a preferred shape. We like round shapes over angular ones when it comes to our coffee art.

The benefits of coffee are numerous: High in health-promoting antioxidants, liver protective, can lower risk



French champion of latte art Rudy Dupuy prepares a creation.

JEAN-CHRISTOPHE MAGNENET/AFP/GETTY IMAGES

of diabetes, enhances mood, energy and performance and may prevent Alzheimer's and Parkinson's disease.

But we also seem to seem to drink it for comfort and visual cues help. Just for fun, tweet me a photo of your favourite latte design shape. Let's test the theory. [@theresaalbert](http://theresaalbert), [@metronews](http://metronews).

## SCIENCE

### Drinking coffee could prevent colon cancer's return

Drinking four or more cups of caffeinated coffee daily may significantly reduce the chance that colon cancer will return in patients who were diagnosed with stage 3 of the disease, a study said Monday. Researchers found that the greatest benefit was seen in those who drank four or more cups of coffee a day, for about 460 milligrams of caffeine. AFP

## TECHNOLOGY

# Six things you need to know about the veggies NASA grew in space

**Hadley Boltres**

Metro | New York



A variety of lettuce called Outredgeous grows inside a prototype Veggie flight pillow. GIOIA MASSA/NASA

Astronauts have for the first time tasted food grown in space. Monday, on board the International Space Station, three American crew members, Kjell Lindgren, Kimiya Yui, and Scott Kelly, took bites of the freshly "space"-grown red romaine lettuce. Here are the six things you need to know about the "giant leaf for mankind" possible, according to NASA.

### 1 How did it taste?

The veggie tasted like arugula, according to astronaut Scott Kelly. A choice word given the Brits call it rocket. "Tastes good," concluded Kelly.

### 2 Key players?

Orbital Technologies Corp. based in Madison, Wisc. developed the technology and

then tested it at NASA's Kennedy Space Center in Florida. Then on May 7, NASA astronauts and Expedition 39 flight engineers Steve Swanson and Rick Mastracci installed Project "Veggie" on the Columbus module. Astronaut Scott Kelly activated the seeds July 8, a year after they entered orbit.

### 3 What happened?

First, LED lights were turned on inside Veggie and the seeds were watered inside growth pockets, called "pillows." The pillows contain fertilizer which is released at different times. The growth cycle should be 28 days, but it took 33 days to grow the romaine lettuce in space.

### 4 How did it work?

In the absence of gravity, the lettuce would still grow towards the light, so LED lights were placed above the pillows. Without gravity, roots still grow towards the sources of nutrients.

### 5 What does this mean?

Dr. Gioia Massa foresees that long-term exploration missions will use this technology, so astronauts can enjoy fresh veggies. Also, astronauts won't just be stuck with red romaine lettuce. Veggie can be used for many types of plants that grow up rather than in the ground.

### 6 What is still unknown?

It's still not 100 per cent clear that the lettuce is safe. The astronauts that sampled the red lettuce are fine but scientists at the Kennedy Space Center hope to verify it. They have installed a similar system there to continue tests.

## RECIPE HOMEMADE MELON AND PINEAPPLE FRUIT SLUSHIES

One of our favourite ways to beat the heat at the end of summer is to turn some of the season's abundant produce into beautiful, delicious frozen fruit slushies.

It's fun and easy to get creative. Not only can you experiment with different fruits and juices, you also can get fancy (or fanciful) with the glasses and bowls (though clear glass is almost mandatory) you serve them in.

**Start to finish:** 4 hours (20 minutes active)

**Servings:** 6

- 1 cup cubed honeydew melon
- 3/4 cup apple juice, divided
- 6 tablespoons honey, divided
- Kosher salt
- 1 cup cubed cantaloupe melon
- 1 cup cubed pineapple

**1.** In a blender, combine honeydew melon, 1/4 cup apple juice, 2 tablespoons of the honey and a small pinch of salt. Blend until smooth.

**2.** Spoon the mixture into 6 glasses, filling each about a quarter to a third of the way full. Freeze for 30 minutes. Repeat the blending and layering process with the cantaloupe, using another 1/4 cup of apple



## BEER

## Nothing radder than a good ol' radler now

## LIQUID ASSETS

**Peter Rockwell**

[@therealwineguy](http://therealwineguy)



When it comes to alcohol, there's more to life than alcohol. Case in point: the radler.

The original radler recipe, invented in Germany in the early 1900s, was a 50/50 mix of sparkling lemonade and lager beer. A cousin of the English shandy, its watered-down booze ratio proved a non-potent potable for active Germans looking to wet their whistle along the local bike trails.



Switch to modern day and the radler is having its place in the sun this summer with classic pre-mixed European models fighting for shelf space with their Canadian-made competition.

Grapefruit juice is the star of many, with Austria's Stiegl Grapefruit Radler (500ml, \$2.70-\$3.49), at 2.5 percent, a citrusy thirst-quencher and Rickard's Radler (473ml, \$2.88-\$3.49) from Molson, at 3.5 percent, equally as warm weather friendly.

Prices reflect the range across the country. Some products may not be available in all provinces.

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MAZDA3 sedan  
GT model shown

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# metr DRIVE

Your essential daily news

Apple is scouting test locations for its top-secret self-driving electric car, the Guardian reports



## Lighter weight, heavy-duty work



### THE CHECKLIST | 2015 FORD F-150

#### THE BASICS

**Type.** Two- or four-door full-size pickup truck

**Engine (hp/torque).** 2.7-litre EcoBoost V6 (325/375); 3.5-litre V6 (282/253); 3.5-litre EcoBoost V6 (365/420); 5.0-litre V8 (385/387)

**Transmission.** Six-speed automatic

**Price.** Base \$24,899, as-tested \$55,099 (plus destination)

#### COOL FEATURES

- Locking box cleat storage system
- Twin-panel sunroof
- Capless fuel filler
- Trailer sway control
- Trailer mileage tracker
- Crash-inflatable rear seatbelts
- Mirror-mounted spotlights



JIL MCINTOSH/FOR METRO

#### POINTS

- The F-150's available LED headlights are an industry first on a pickup truck.
- With its aluminum body and more high-strength steel, the 2015 F-150 weighs up to 317 kg less than last year's model.
- The redesigned tailgate step makes it easier to slide cargo across the lowered tailgate.
- Higher gears can be "locked out" when towing, to improve driving performance on steep grades.

#### MARKET POSITION

It's yet to be seen how repair costs or long-term maintenance are going to affect Ford's new all-aluminum body, but expect to see more lightweight materials throughout the segment as automakers scramble to meet fuel standards.

#### THE COMPETITION



**Chevrolet Silverado**  
Base price: \$27,950



**Ram 1500**  
Base price: \$28,595



**Toyota Tundra**  
Base price: \$27,820

#### REVIEW

### Ford F-150 rides smoothly, but consider needs when deciding on engines



**Jill McIntosh**  
Metro | Canada

After having Canada's best-selling truck for several decades, Ford took a bit of a risk with its all-new 2015 F-150. While the frame is made of high-strength steel, the body is entirely formed of aluminum.

The reason was primarily to save weight, which comes with a few advantages. One is fuel consumption, since the heavier something is, the more it takes to move it around, while another is capability. Towing and payload numbers are a combination of the weight of the truck, the trailer, and whatever's being carried. Make the truck lighter, and the load can be heavier. To that end, the F-150 has a top towing capacity of 12,200 lbs.

That lighter weight also allows for the all-new engine that was in my tester, a 2.7-litre EcoBoost V6 engine. The EcoBoost name indicates that it's turbocharged, which

gives it smaller-engine fuel economy under light load, but bigger-engine power when it's needed. You can also get a 3.5-litre V6 EcoBoost, or choice of non-turbo 3.5-litre V6 or 5.0-litre V8.

It's a smooth performer and it hauled around my SuperCrew tester with ease, but consider your needs before you decide to put one under the hood. Under everyday driving, it returned an impressive 13.0 L/100 km for me, but the EcoBoost engines get thirsty when they're working hard. That extra fuel could easily balance out if you only tow or haul occasionally, but if you're constantly pulling, I'd suggest looking at the non-turbo engines.

Overall, Ford has done a good job on this truck: It rides and drives smoothly, and responds quickly enough to wheel input that it feels smaller than it actually is. The redesigned interior is

handsome, but not quite as impressive as some of its competitors.

Trim lines run from a basic work truck with a bench seat,

to seriously luxurious models like the King Ranch and Platinum. Everybody makes a very good truck these days, and Ford has a lot of competition, but it's still likely that this all-new model will remain at the top of the pack for a while.

#### TECHNOLOGY

## Mojio looking to make a connection with drivers

Mojio Drive is the latest platform and marketplace for apps and services that can make potentially any car a connected car. However, it is launching at a time when connected car hacks are rarely out of the headlines.

Every vehicle built within the last 20 years has an onboard diagnostics (OBD) port. It's used by mechanics and servicing technicians to check on a car's health and to identify potential mechanical or electronics issues.

But the OBD port can also be used by insurance companies

and disruptive tech startups to offer new features and services, and since 2012, Mojio has been developing an OBD dongle that, when plugged in, connects with the driver's smartphone to offer diagnostics and other information such as fuel economy. But that is just the start.

"We know that drivers want their cars to be more like their smartphones. There are at least as many connected car use

cases as there are app developers, and so an open platform for building apps is essential to giving people what they want," said Jay Giraud, CEO of Mojio.

"With more than 800 developers using Mojio's open platform creating apps and services that span the entire automotive market — from vehicle maintenance apps

**The Mojio 3G+GPS OBD adapter.** MOJIO

to data-driven auto insurance services — Mojio is at the forefront of the connected car economy enabling drivers to save hundreds of dollars per year."

Mojio is by no means the only company trying to unlock the potential of connected cars. Automatic, which also makes an adapter for the OBD port, launched its own connected car app store in May, the Automatic App Gallery.

But as coverage of car hacking continues, consumers may well think twice before installing something in their

#### + THE CORVETTE THAT WAS HACKED

Adapters and their supporting apps are arriving at a time when the threat of hackers to smarter, more connected cars is in the news. One example involves researchers from the University of California at

greener driving tips, could be hugely beneficial to the average driver in terms of reduced running costs and repair bills. AFP





The Hyundai Vision G coupe recently debuted at the Pebble Beach Concours d'Elegance in Monterey, Calif. PHOTOS COURTESY HYUNDAI



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# Rise of Hyundai and Kia by design

## CREATIVITY

**Time for other automakers to take heed of the Schreyer factor**

**AUTO PILOT**  
**Mike Goetz**



maker's success and should be compensated as such, even if they make more than the CEO. It's not a new concept for creative types to be at the absolute top of the pay scale. Star athletes make more than their coaches. Star film directors make more than studio heads. Kanye West makes more than, well, everybody.



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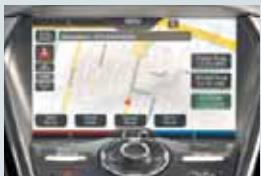
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# metro SPORTS

Jordan Spieth was named the PGA of America top player of 2015

Wednesday, August 19, 2015

## IN BRIEF

### Flames, Stamps announce plan for new homes

The group that owns the Calgary Flames hockey club and Stampeders football team has revealed plans for a \$900-million project to build a new home for the two teams.

The plan calls for a 20,000-seat arena that would replace the Scotiabank Saddledome where the NHL Flames currently play. It also includes a 30,000-seat indoor football stadium for the CFL Stampeders that would also serve as a fieldhouse.

The City of Calgary would be the owner of the facility once it were built.  
THE CANADIAN PRESS

### Agent testifies Jordan strict with marketing deals

The architect of Michael Jordan's marketing strategy says advisers to the six-time NBA champion strictly police the types of deals he enters to maximize his value.

Sports management agent David Falk testified Friday in a federal court case in Chicago that's delving into the market value of Jordan's identity.

The issue is damages that now-defunct Dominick's Finer Foods owes the former Chicago Bulls player for invoking his name in a steak ad without permission. THE ASSOCIATED PRESS

### 49ers receiver Simpson suspended six games

The NFL suspended San Francisco 49ers wide receiver Jerome Simpson on Tuesday without pay for the first six games of the season for violations of the league's substance-abuse policy.

The 49ers were aware of a likely suspension for Simpson for previous issues, but nothing that is known to have occurred since he joined the 49ers on a two-year deal as a free agent in March. San Francisco has made it clear he must continue to demonstrate positive behaviour to remain in good standing with the team.

Simpson can return to the active roster on Oct. 19. He can still participate in all pre-season practices and games. THE ASSOCIATED PRESS

# Answering critics drove Briere for 17 seasons

NHL

### Former all-star retired Monday to spend more time with sons

Daniel Briere was almost crying on the bench at TD Garden. His Philadelphia Flyers had erased a 3-0 series deficit against the Boston Bruins, only to fall behind 3-0 in Game 7.

"We had put all this time, all this effort to come back," Briere said. "I was furious. I was losing it."

Briere calmed down and scored one of the biggest goals of his career to tie the score, and eventually the Flyers won the game 4-3 and advanced to the 2010 Eastern Conference final. It was just the third time in NHL history a team rallied from a 3-0 deficit to win a best-of-seven series.

In scoring 53 playoff goals and adding 63 assists, Briere cemented his legacy as one of the best post-season performers of his era.

"I'm proud of it, there's no doubt about it," said Briere, who announced his retirement Monday. "I knew when the game was on the line, I wanted to be the guy who was going to make the play. I wanted to have the puck, I wanted to find a way to make it happen."



Daniel Briere scored many big goals in his career — 53 of them in the playoffs. THE ASSOCIATED PRESS FILE

With 116 points in 124 Stanley Cup playoff games for the Phoenix Coyotes, Buffalo Sabres, Flyers and Montreal Canadiens, Briere's 0.935 points a game ranks 85th all-time. Among players with at least 100 post-season games, he's 32nd, just behind the likes of Maurice Richard, Brett Hull and Steve Yzerman.

The Gatineau, Que., native never won a Stanley Cup, coming two victories away in 2010. But he decided to call it quits after 17 seasons to spend more time with his three teenage sons.

Knowing he could no longer be a "top-end" player after one final season with the Colorado

Avalanche, the 37-year-old on Tuesday reflected on sticking around in the NHL for so long as a five-foot-eight forward who many thought couldn't make it out of the Quebec Major Junior Hockey League.

"NHL executives or experts, ex-players ... had made some comments and had seen me

I knew when the game was on the line, I wanted to be the guy who was going to make the play.

Daniel Briere

play and most of the people all said that I was too small, too fragile to play in the NHL," Briere said during a news conference at the Flyers' practice facility near his home. "I had a lot of those cut-ups in my room. I had a little box that I kept by my bed that any time things would get tough a little bit that I would open and read and keep up. That was kind of my motivation at the time to prove them wrong."

Briere's rocky journey took him to the AHL and even the International Hockey League before he played a full NHL season. He finished with 307 goals and 389 assists in 973 regular-season games.

"There was a lot of tough times, tough moments — clearing waivers when nobody picked me up," Briere said. "That's another thing that I'm very proud of, that I fought and I never quit, and I kept working hard to achieve my dream."

THE CANADIAN PRESS



Brooke Henderson receives the customary shower for her first victory on Sunday in Portland. JONATHAN FERREY/GETTY IMAGES

LPGA

# Henderson granted Tour card

17

Henderson moved to No. 17 in the world rankings with her win in Portland.

Last weekend, rising golf star Brooke Henderson became the second golfer in LPGA history to go from Monday qualifier to tournament winner.

Her road to any future Tour titles will be much shorter.

The LPGA granted Henderson full membership on Tuesday after the 17-year-old Canadian cruised to victory at the Cambia Portland Classic, winning by eight strokes.

LPGA policy states that any woman 18 years of age or over is eligible to apply for Tour membership, but golfers be-

tween the ages of 15 and 18 may be granted special permission to apply for membership by petitioning directly to the Tour commissioner.

"After reviewing Brooke Henderson's petition, I have granted her LPGA Tour membership

beginning immediately," Tour commissioner Michael Whan said in a statement. "Brooke truly earned her card, and we are looking forward to Brooke joining our Tour and our family."

The native of Smiths Falls, Ont., has had a breakout 2015 season despite having to rely on sponsors exemptions or Monday qualifiers to play in events.

She will no longer have to qualify to get into this week's \$2.25-million Canadian Pacific Women's Open.

THE CANADIAN PRESS

# Memphis tunes up to give Brugge the blues

CHAMPIONS LEAGUE QUALIFIER

**United fans get first real taste of what \$50M forward can do**

Memphis Depay scored a first-half double and provided a late assist for Marouane Fellaini to lead Manchester United to a 3-1 win over Club Brugge in the first leg of their Champions League playoff on Tuesday.

Playing his third match in United's iconic No. 7 shirt, Depay rescued his new club from potential embarrassment after the Belgian side took a surprise 8th-minute lead through an own goal by Michael Carrick.

Depay equalized five minutes later with a low shot from the edge of the area and gave United the lead with a curling shot from 20 metres in the 43rd. Brugge had defender Brandon Mechele sent off in the 80th for two bookings, before Depay whipped in a cross that substitute Fellaini headed in with virtually the last touch of the game to move United closer to the lucrative group stage of Europe's top competition.

United, a three-time European champion, is looking to get back into the Champions League after failing to qualify for the competition last season. Brugge, though, showed



Memphis Depay of Manchester United scores his team's second goal. ALEX LIVESEY/GETTY IMAGES

TUESDAY in Manchester

3	1
MAN' UTD	BRUGGE

enough at Old Trafford to suggest that United still has work to do in next week's return leg to join Europe's heavyweights in the group-stage draw.

Brugge will cling to its away goal, gifted by Carrick when he diverted past his own goalkeeper a low, deflected free kick from Victor Vazquez.

But they will need to pay closer attention to Depay.

The 21-year-old Depay moved to Old Trafford this offseason for 25 million pounds (\$50 million C) and with a reputation as one of the hottest prospects in Europe.

He was handed the No. 7 jersey worn by the likes of George Best, David Beckham, Eric Cantona and Ronaldo.

United fans have been waiting to see the best of the Dutch forward and, given more time and space than he had in Premier League matches against Tottenham and Aston Villa, Depay showed just what all the fuss is about.

THE ASSOCIATED PRESS

## IN BRIEF

### Blue Jays call up Carrera

The Toronto Blue Jays selected the contract of outfielder Ezequiel Carrera from triple-A Buffalo on Tuesday.

The 28-year-old Venezuelan batted .279 with three home runs and 21 RBIs in 70 games for the Blue Jays earlier this season. In 246 career big-league games for Toronto, Detroit, Philadelphia and Cleveland, Carrera has a .259 average with five home runs and 49 RBIs. The Blue Jays entered Tuesday night's game at Philadelphia with a three-game lead on Baltimore in the race for the first wild-card spot in the American League. THE CANADIAN PRESS

### Yankee Mitchell on disabled list after line drive hits head

Rookie pitcher Bryan Mitchell has been placed on the seven-day concussion disabled list by the New York Yankees, a day after he was hit in the head by a line drive that left

him with a nasal fracture.

The right-hander, 24, was removed from Monday night's game with a towel over his bloody face and taken to a hospital. He was struck in the second inning of New York's 8-7 win over Minnesota.

THE ASSOCIATED PRESS

### Canada drawn with U.S.A. for Olympic qualifying

Canada's men's national soccer team has been drawn into a group with Panama, U.S.A. and Cuba for CONCACAF Olympic qualifying.

Group B includes Mexico, Honduras, Haiti and the winner of the UNCAF playoff between Costa Rica and Guatemala. The top two finishers from Groups A and B will advance to the semis on Oct. 10. The winners advance to the final and qualify for the 2016 Olympics.

THE ASSOCIATED PRESS

## MLS

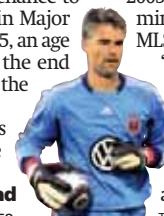
# Inspirational Onstad enters Hall of Fame

There are many routes to the Hall of Fame, but not many like Pat Onstad's. The six-foot-four, 215-pound goalkeeper from Vancouver didn't get a chance to showcase his skills in Major League Soccer until 35, an age that usually signals the end of an elite career, not the beginning.

For Onstad, it was — finally — a chance to shine on a big

stage. He

GETTY IMAGES



went on to win MLS titles in 2003 with San Jose and '06 and '07 with Houston and was named the league's top keeper in 2003 and 2005. He ended up logging 20,076 minutes in 223 regular-season MLS games with 64 shutouts.

"My story is one of perseverance," said Onstad, now 47 and an assistant coach with the Columbus Crew. "I just kept hanging around, kept always giving my best."

THE CANADIAN PRESS

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## RECIPE Dijon Salmon, Arugula, Orzo Rice and Goat Cheese Salad



### EAT LIGHT AT HOME

**Rose Reisman**  
rosereisman.com  
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#### Ready in

Prep time: 15 minutes  
Cook time: 12 minutes

#### Ingredients

- 2 tsp orange zest
- 1 Tbsp Dijon mustard
- 1/4 cup chopped parsley
- 12 oz salmon fillet
- 1/2 cup orzo or any small shaped pasta
- 4 cups sugar snap peas
- 8 cups arugula or spinach

#### Dressing

- 1/4 cup orange juice
- 4 tsp Dijon mustard
- 2 tsp honey
- 1/2 tsp minced garlic
- 2 Tbsp olive oil
- 1 tsp grated orange zest
- Salt and pepper

#### Directions

1. Preheat oven to 400 F.

Combine zest, mustard and parsley and spread over salmon. Bake salmon, just until cooked to your preference, approximately eight to 12 minutes. Break into small pieces. Set aside.

2. Meanwhile, in a pot of boiling water, cook orzo just until tender, about six to eight minutes. During the last minute, add peas. Drain and rinse with cold water. Place on large serving platter with arugula.
3. Dressing: Combine dressing ingredients in a small bowl.
4. Add dressing and salmon to salad and gently toss.

#### Nutrition per serving (serves 4)

- Calories 230
- Protein 19 g
- Carbohydrates 13 g
- Fibre 1 g
- Total fat 11 g
- Saturated fat 1.5 g
- Cholesterol 45 mg
- Sodium 420 mg

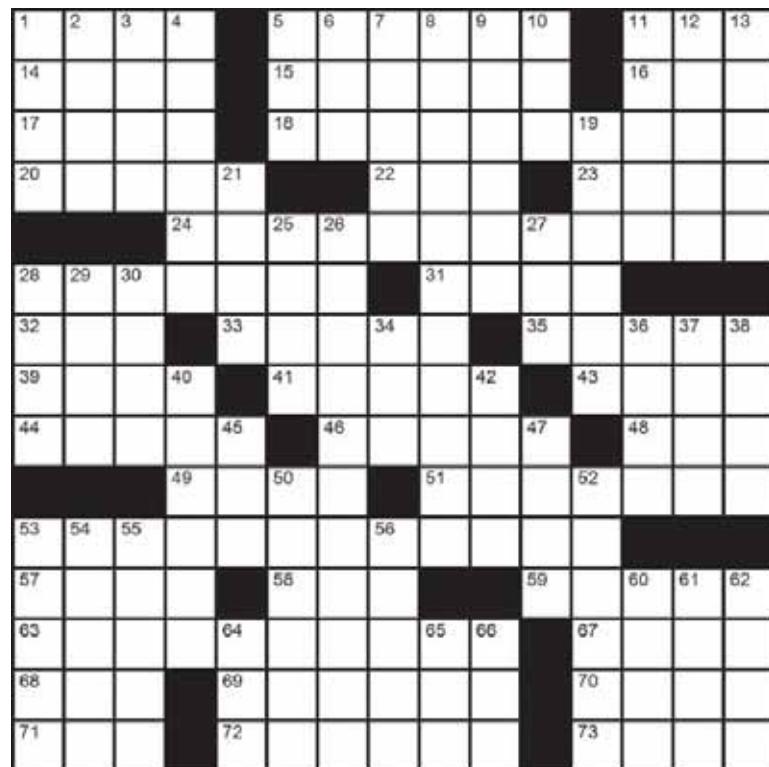
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Pierre's friends
5. Ocean floor
11. "Smoky and the Bandit" (1977) star ...his initials-shares
14. Volcanic flow
15. Roch Voisine title song lady
16. Liberace's nickname
17. Univ. lecturer
18. Margaret Atwood book which won the Giller Prize in 1996: 2 wds.
20. Nail alternative
22. 6's phone letters
23. Broadway beginning: word + Roman Numeral
24. A blue cuff is featured on it on Facebook: 3 wds.
28. Brand for creators of colourful drawings
31. Positive
32. Clash
33. More rational
35. Pants holder-uppers
39. Comparable
41. "Robert De Waiting..." by Bananarama
43. Grim
44. Cover with droplets, as morning grass
46. Might
48. Actress Ms. Leoni
49. Edible root
51. Make strong
53. What "DIY" means
57. Wistfully sighed



phrase: 2 wds.  
58. Chairman in The Beatles' "Revolution"  
46. Actress Ms. Leoni  
49. Edible root  
51. Make strong  
53. What "DIY" means  
57. Wistfully sighed

for short  
69. Captivate, variably  
70. Freezer tray's one-of-some  
71. At the age of, in Latin [abbr.]  
67. Crucifix  
68. William to Harry,

"The Waltons"  
**DOWN**  
1. Snow-peaked mountains  
2. Painter Mr. Chagall  
3. Welsh composer/actor Mr. Novello  
4. Refuge

5. Na Na
6. An elver is a young what?
7. Out on \_\_
8. Chop suey ingredients: 2 wds.
9. Spiritualize
10. MBA, e.g.
11. "Wake Me Up" singer Aloe

## \* IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20 You will be at your fun-loving best today but watch out for people who get their kicks from disrupting other people's enjoyment. Don't get angry because that will only encourage them.

**Taurus** April 21 - May 21 You will encounter the kind of problem that would knock lesser mortals for six. But you are not a lesser mortal, you are a Taurus, and you will find a way to handle it.

**Gemini** May 22 - June 21 Something delightful will happen today. Someone you are close to will do something unexpected to make you feel good. There are still some really nice people in the world.

**Cancer** June 22 - July 23 Something will go wrong today, try to be philosophical about it. You should know that life moves in cycles and that whatever you lose you will make up for.

**Leo** July 24 - Aug. 23 Do you focus on chores and duties? Or do you just enjoy yourself? You must make a decision and stick to it. If you try to get the best of both worlds you may end up with neither.

**Virgo** Aug. 24 - Sept. 23 There will be lots of coming and going today and it will be a bit tiring. Chances are you won't get much work done but don't worry — you have no choice but to go with the flow.

**Libra** Sept. 24 - Oct. 23 The harder you try not to be anxious about something the more it will prey on your mind. There is nothing that can be done about it now, so focus on things that make you smile.

**Scorpio** Oct. 24 - Nov. 22 Something surprising will happen and although you don't like to be taken unawares on this occasion you won't mind a bit. Any doubts you may have about a loved one's commitment will disappear for good.

**Sagittarius** Nov. 23 - Dec. 21 Control your tendency to go to extremes, otherwise an accident is likely to occur. An affair of the heart may be going well but if you start acting crazy you may scare them off.

**Capricorn** Dec. 22 - Jan. 20 Be wary of people who flatter for no good reason. According to the planets there is a lot of intrigue, a lot of planning and plotting behind the scenes. Refuse to get involved.

**Aquarius** Jan. 21 - Feb. 19 Just when everything was going right your plans have been thrown into confusion again. It may be frustrating but don't get angry with people who let you down because chances are they are victims too.

**Pisces** Feb. 20 - March 20 Other people may be breaking the rules left, right and center but that is not an excuse for you to follow their example. Keep doing it the right way. There is no need to cut corners.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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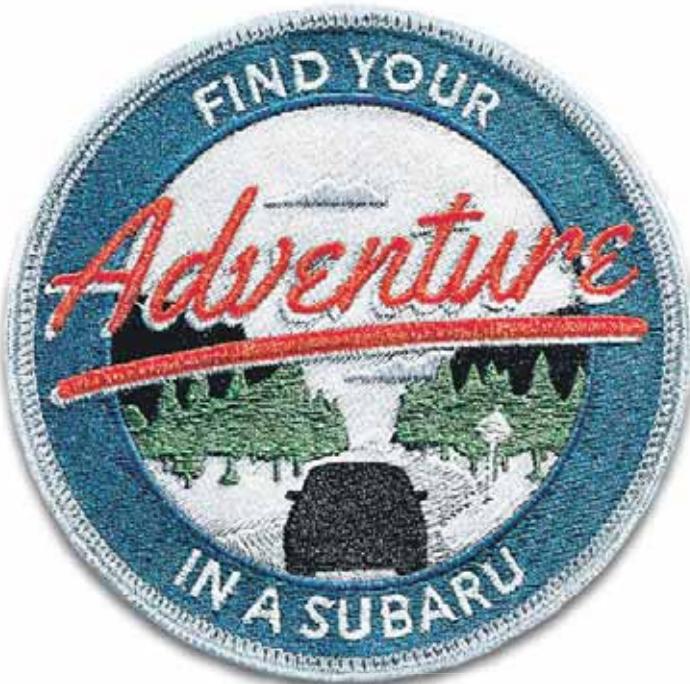
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